

Paped. March 7<sup>th</sup> 1827  
W. E. H.

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# NOTES

ON

## PULMONARY CONSUMPTION,

by



Robert Montgomery Bird,  
of Delaware.

*Cicutis nocentiss —*

*Quid hoc veneni sedit in prœcordiis ?*

Horat: Epod. III. — In Almon.

Philadelphia.

1826.



To  
Samuel George Morton, M.D.

An honourable Graduate of two Universities,

An accomplished Physician,

and

A warm Friend,

These *NOTES* are respectfully inscribed,

by

His Friend

and

Servant,

The Author.



## NOTES, &c.

### *Of the Causes of Consumption.*

"Hanc (Phthisin) Jellenicæ unum  
specie. rationem, ab uno Causarum fonte semper proveni-  
entem, existimabant."

Baglivi - De Causis Morborum: Sect. 2.

The Causes of Consumption are predis-  
ponent or occasional. The former, according as  
they make their appearance at birth, or are devel-  
oped in after life, are termed congenital, or  
artificial.

A congenital predisposition to Consumption  
is said to be marked by a slender and delicate  
body; fair hair and complexion; a bright, tender,  
blue eye, with large pupils; a tumid upper lip,

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and clear white teeth; a long neck, and high shoulders; protruding scapula; a flat, constricted breast, with the siphoid cartilage and bone lying hollow like a furrow; and in females, a particular lean-ness and laxity of the breasts. To these may be added acuteness of feeling and intellect.

Children born of consumptive parents, and inheriting the same unhappy tendency to disease, are said by M. Beaumes, to come into the world with graceful but slender members; a happy, vivacious physiognomy; a fine skin, which is white upon the body, but of a beautiful carnation hue on the visage; a flexible and shrill voice. They are often rickety. They are subject to nocturnal fears, capricious coughs, and fits of dyspnea from spasms, which are strongest at "le haut de la gorge." They grow fast, talk much, and are facile of apprehension.

At six or eight years old they begin to bleed at the nose, which affection becomes habitual,



and, in some cases, retards the disease. In the morning, before meals, they cough freely; and their sputum is slightly salt, bitter, or sweetish.

Such children have a precocious genius, and acquire knowledge prematurely, althoughaverse to hard study; and possess a fine judgement, although this is not established upon much reflection. Their disposition is amorous, and they are inclined to masturbation. This salacity is particularly observable when the stercoraceous diathesis is strong.

The Artificial Predisposition is to be looked for among certain classes of men, whose lungs are constantly exposed to injury from the inhalation of irrespirable gases or irritating molecules, or from too excessive an exercise of these organs. To specify, as has been done by M. Beaumes, every particular occupation which renders men anxious to consumption, would be to notice almost every trade and profession upon earth, as a glance at his arrangement will sufficiently show.



This three first classes comprehend all such as habitually inhale Mineral, Vegetable, or Animal vapours and molecules; his fourth, such as are exposed to much moisture and heat in their occupations; his fifth, such as lead sedentary lives; his sixth, such as expose their lungs too much, especially like Falstaff, by hollering, and singing of anthems."

The arrangement of the occasional causes of Consumption I find to be embarrassing, inasmuch as many of them seem to act by shortly producing an artificial predisposition; and I am uncertain whether this may not be the case with all of them.

Be this, however, as it may, I dare not consume time by entering into an examination of their respective modi operandi; but, passing cursorily stated that they may be referred to (1<sup>st</sup>) Metastatic irregularities; (2<sup>nd</sup>) long continued & excessive exertions; (3<sup>rd</sup>) exposure to cold and humidity; (4<sup>th</sup>) violent and suppressed passions;— I shall assume as a general



position, that they all act, directly or indirectly, by kindling up an inflammation either in the lung itself, and thus producing tubercles, or in tubercles that have already formed and remained indolent in the lung.

I am aware that in assuming this position, I am at variance with one or two high authorities, who assert that tubercles are not to be considered either as a termination or consequence of inflammation. This may be so; but I am persuaded that inflammation does somewhere occur within the walls of the thorax, before the complete maturation of tubercles.

Without entering any further into an investigation of the causes of Consumption, and without attempting a description of tubercles, or offering any vain conjectures as to their origin, I shall proceed at once to a consideration of the External symptoms by which their existence is said to be denoted.



## Of the Symptoms.

"Quotidius sub terra est, in apricum profert  
etas..." Her. Epistola ad Varronem.

Before phthisis is suspected by the patient in whom it is about to appear, its approach, according to Dr. Rush, may be detected by "a slight fever increased by the East Exercise; a burning and dryness in the palms of the hands, more especially towards evening; rheumy eyes upon waking from sleep; an increase of urine; a dryness of the skin, more especially of the feet in the morning; an occasional flushing in one, and sometimes in both cheeks; a hoarseness; a slight or acute pain in the breast; a fixed pain in one side, or shooting pains in both sides; headache; occasional sickness and fainty fits; a deficiency of appetite; and a

Of the symptoms of the disease  
The first symptom is a general  
feeling of uneasiness and  
tiredness, which is often  
accompanied by a slight  
fever, and a loss of  
appetite. The patient  
feels as if he has  
been overworked, and  
is unable to do his  
usual work. The  
fever is not high,  
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general debility.

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general indisposition to exercise a motion of every kind. "

Farther advanced, and less equivocally marked, tubercular consumption manifests itself by a troublesome, tickling cough, which is for the most part dry, but is sometimes attended with the expectoration of saliva and mucus, transparent,ropy, and frothy; to which, in the words of the experienced Laennec, "is occasionally added a little of that gray, viscid, semitransparent matter, often mixed with black specks, to which we commonly give the name of bronchial mucus."

This cough is much aggravated by the taking of food and Exercise.

The patient complains of no very particular or constant pain, but has commonly uneasy sensations in some part or parts of the thorax; of little or no dyspnoea, except upon inordinate exercise; and seldom of an inability to lie upon any one particular side.



Along with these appearances, there ensue great loss of muscular vigour, and emaciation. The eyes and the teeth put on the peculiar margaritic lustre of scaguala; and a hectic fever ensues. Sometimes even before there is any characteristic expectoration.

This characteristic expectoration sometimes takes place very suddenly, and instead of being transparent and colourless as before, becomes opaque, yellow, or greenish; sometimes is faintly streaked, or very obviously mingled, with blood; is generally fetid, and nasty to the taste; and not unfrequently has mingled with it small portions of solid, friable, tuberculous matter.

At this period, hectic, if it have not previously existed, sets in, with its retinue of rapid, irregular pulse; uncomfortable rigors; temporary flushings, which are especially observable on the cheeks; disordered bowels; exhausting sweats, which occur particularly at night; sore-throat; profuse expectoration; aphthous ulcers in the mouth; and an-



ing debility.

M. Baumes' account of the symptoms of tuberculous consumption is more minute and explicit than I have seen in any other author; and I am persuaded I can do nothing better than to give an abridged translation of it.

It commences, says this author, with the symptoms of a slight pleuro-pneumony; with languor; a dry cough, and sore throat; a pulse full, hard, and sometimes contracted; a flushed face and eyes; head-ach, dyspnea, and a pain in the side, or between the shoulders; a continued fever, or a tertian at night. About the fourth, fifth, or sixth day, the fever moderates, and expectoration becomes easy. The patient seems to get well. But suddenly the fever kindles up again, and is of an intermittent type. The paroxysms commence with rigors, continue with flushes, and are concluded by an universal sweat. The extremities waste away; the appetite, already deranged,



becomes whimsical; the cough is fatiguing and sonorous, and, with the fever, is increased after a meal; at which time there is a disposition to vomit. The patient expectorates tubercles, calculi, or membranous shreds. The right hypochondrium swells, on account of the engorgement of the lung. Dyspnoea increases; the night-sweats are aggravated with cough; and heat, - especially of the palms and soles; the cheeks are red, purple, and striated. Quotidian exacerbation are both regular and intense. The appetite is sometimes good, sometimes lost; but in either case the body wastes away; the urine is red and deficient; the putridity of the tubercles extends to all the fluids; and succeeding symptoms follow as I have already described.

For the diagnosis of Consumption, as established by the different modes of auscultation, I must refer to the works upon that subject, only stating that a careful examination of presenting symptoms, the habits,



history, and diathesis of the patient will seldom allow us to fall into error.

Of the prognosis I can say nothing more than that all cases are to be considered as dangerous, but none necessarily fatal until the disease has reached the very last stage, known by vast debility and emaciation, ungovernable night-sweats and diarrhoea, inability to swallow or expectorate, aphthae of the mouth, and paralysis of some of the members.

This much, we are told, has been well ascertained, that, although no human art can cause an inflamed tubercle to become resolved, or cause a tubercle in a state of suppuration suddenly to give over its destructive secretory office; yet when a tubercle has inflamed, supplicated, and discharged its purulent contents, it may, by cicatrizing, or by being converted into a fistulous cavity, so far be cured, as to admit of a long life and comparative health to the patient.



### Of the Treatment.

"*Nec ratio remedi communis certa datur;*  
*Nam quos alis dederat, vitales aëris auras*  
*Vocare in ore licere et cali templa tueri;*  
*Hoc alis erat opibus lictumque parabat.*"

*Isacret: De Rer. Nat: Lib. 6. post. f. 1.*

The treatment of Consumption varies according to the presence and predominance of certain important symptoms, or, in other words, according to its stages.

In those premunitory symptoms of debility, already spoken of as noticed by Dr. Rush, it will be proper to corroborate the system by exercise, the cold bath, cinchona, and steel. These are the remedies recommended by the venerable Enquirer.



It is here that we may reasonably entertain hopes of cure, by prescribing sea-voyages and long journeys; sporting campaigns in the country; frequent sailing upon fresh-water rivers, especially if the patient be made to partake of the toils of navigating himself; equestrian and pedestrian tours; and, if it be true that febrile districts are less ravaged by consumption than more salubrious situations, the patient may derive benefit from fixing a permanent, or, at least, a very long residence in such places.

Every cheering pursuit, every invigorating exercise is to be put into requisition. But it is to be recollected, that, although exercise which affects the whole system, may work a salutary change in a phthisical balneomarian's health, exercise of the lung alone is especially to be avoided, as having a tendency always to aggravate the ail.

Whether or not benefit might not be derived from the careful use of cold, vegetable, stomachic in-



fusions, such as chamomile tea, and decoctions of the polygala senega, I am not prepared to say; but the latter article, although from its stimulating effects, it might be equivocal in the inflammatory stage, and from its being apt to produce a diarrhoea, dangerous in the advanced forms of phthisis, is recommended by several authors as highly medicinal; and I have read one or two marvellous accounts of cures brought about by the persevering use of chamomile flowers and leaves, in the cold decoction.

Dr. Thomas says, "previously to the tubercles becoming much inflamed, perhaps they may be relieved, or entirely removed by a solution of the muriate of lime, beginning with a drachm a day, and gradually increasing the dose." How?

If these premonitory symptoms have been neglected, and the disease runs on into the stage of inflammation, our principal object will be to counteract this condition. Although, as has been already



hinted, it may be impossible by an antiphlogistic regimen to resolve the inflamed tubercle, yet we may prevent, by timely measures the propagation of phlogosis from the affected tubercle to the unaffected lung; an operation which, I am inclined to believe, does in most cases take place, and is the immediate cause of those aggravated symptoms, such as heavy, pulsative pain, dyspnoea, and fever, which are so usually relieved by judicious blood-letting.

We are told by some authorities, to beware of treating phthisis pulmonalis as a disease purely inflammatory. Whether that disorder, which produces tubercular tumefaction, local pain, sanguineous plethoræ even to hæmoptysis, adhesions, ulcerations, and suppurations, is or is not a fair inflammatory disease, I leave to others to determine, contented myself to allow, that the differences of part affected and exciting cause, are sufficient to produce some variety of affection, but not such as should be held



up as a distinctive difference.

Persons that have been treated for incipient consumption, by horseback and other exercises, and not benefitted by the practice; and persons also that have cautiously kept within doors, protected from all exposure; - suddenly growing worse, complaining of distressing pain, breathing hard, coughing immoderately, and sometimes expectorating great quantities of a Catarrh-like mucus; are rashly said to have caught a cold, when we should perhaps look for the origin of these symptoms in the circumstances already mentioned, namely, the propagation of inflammation from a diseased tubercle to the sympathizing lung, or at least to an increase of inflammatory action in the tubercle itself.

No man can question the general benefits derived from the use of the lancet in the inflammatory or forming stage of phthisis pulmonalis; and the same may be said respecting a restricted diet, and



yet we are ready to allow with the experienced Dr. Duncan, that "in hundreds of instances, stercorisation and blood-letting have hastened the death of phthisical patients."

The hard pulse, buffy blood, pain, and dyspnea of incipient consumption sufficiently indicate the propriety of blood-letting; and the frequency of this must be determined by its benefits.

We can propose no definite or uniform rules for the use of the lancet. Sometimes, when the violence of inflammatory symptoms almost equals that of a genuine pneumonia, it may be necessary to bleed daily for several days in succession; at other times, blood-letting repeated weekly or semi-weekly, may be all that is required.

As auxiliaries to the lancet in the case of consumption, topical depletories and counter-irritants have, from time immemorial, constituted an important part of the treatment.



Verifying the chest by dry cups, cantharides, or antimonial plaisters; irritating it by rubefacient liniments; and ulcerating it by different caustic applications; - all these measures have their different advocates and merits.

Celsus directed the physician in all obstinate cases, to cauterize the patient under the chin, upon the throat, breast, and scapula, and keep the scapula open.

Baron Larrey cured seven cases of confirmed consumption, in two of which pectorilognism had been detected by his friend Laennec, by the use of the moxa caustic, preceded by dry cupping. In one case this practice was persisted in for two years, before a cure was effected: in other cases, a cure was accomplished in eight or ten months. It is remarkable, that of these patients three died soon afterwards of gastro-enteritis.

Setons and issues applied to remote parts, are



often productive of the happiest consequences.

A distinguished physician of this city, esteeming pulmonary tubercles identical with scrofulous glands, and supposing that the struma had fallen upon the lung, by a metastasis, a rather error loci, similar to that which substitutes an hæmoptysis for an epistaxis, or a menstrual evacuation; very naturally concluded, that if, by any means, the disease could be enticed from the pulmonary, and fixed upon the cervical, axillary, or other less important lymphatics, before disorganization of the lungs had taken place, this might be guarded against, and the phthisis gradually cured. The practice founded upon this opinion, was, to scurify and irritate the external glands, and keep them sore for a length of time. Two patients recovered under this practice; but a third perished.

If future experiments shall prove this practice



to be few proper and advantageous, still the identity of phthisis and scrophula will remain as much a subject for controversy as ever. For we may explain the morbus agendi of glandular scrophification and irritation, precisely as, in similar cases, we explain the operation of blisters and setons. Nay, I think cases in such cases would go far to disprove the identity of the two diseases, and establish as a fact, that they excite two different actions in the system, one of which is capable of superseding and evacuating the other.

In many cases of incipient consumption, where blood-letting cannot be carried to a sufficient extent, several articles of the Materia Medica may be advantageously administered, with a view of lowering the pulse, and diminishing phlogistic irritation.

The *Digitalis purpurea*, — the much extolled and much reviled digitalis, — may be given either in substance, in the dose of a grain; or in tincture, in the dose of fifteen or twenty drops; either of



which doses may be cautiously augmented until its effects are manifested upon the pulse; after which time the dose may be diminished as gradually as it was before increased.

If the digitalis do not, upon a fair trial, effect a reduction in the volume and frequency of the pulse, then we have authority for concluding it will be of no service, and may therefore lay it aside.

The hydrocyanic acid bears some resemblance to the digitalis, both as it respects its remedial effects, and the contraindications which it has excited in the medical world. The use of it must be proportioned to its strength. From five to fifteen drops of Scheele's Acid, largely diluted in pure water, may be administered in the course of twenty-four hours; while of Cooper's alcoholic preparation not more than two drops can be safely taken in the same length of time.

Infusions of the *prunus lauro-cerasus*, *prunus Virginiana*, *Amygdalus communis*, and *Amygdalus Persica*,



Each of which contains a certain quantity of the  
 phosphoric acid, — have been often useful in this disor-  
 der. \*

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\* I cannot refrain from here making an observa-  
 tion on the opinion of Mr. Murray, that the volatile al-  
 kali is a certain antidote to this dreadful poison. The  
 general belief is in favour of it — especially when we  
 are told through the medium of the newspapers, "that  
 a horse, dying from the effects of the Phosphoric Acid, was  
 suddenly recalled to life by the administration of a dram of  
 Subcarb. Ammonia."

In some few experiments which I performed in  
 the summer of 1825, at which time I was so much  
 impressed with the representations of Mr. Murray, as  
 to have been like himself, ready "to take a quantity  
 sufficient to prove fatal, provided there stood by  
 a skilful hand to administer the remedy," I gave  
 the water of ammonia in vain to almost every animal



The Nitrate of potash is another remedy much re-

I experimented on. In no one case had I reason to suppose it possessed the slightest antiseptic powers: my victims died as surely as if they had been left to themselves.

Several of Mr. Murray's experiments were tried upon frogs; and the circumstance of their reviving, after being established him in his inference. I, however, have seen frogs revive without the remedy. Indeed the Purple Lizard appears to me to exert very little power over these animals: they become grave and stupid; - but if left to themselves, quickly recover.

I have injected half a drachm into the vessels, and poured the same quantity into the stomach of the common bay-, or King-owl (*Nyctaleus Phyllæus* - Linn.) without the slightest apparent effect.

Dr. Richard Harlan informed me, that he and Dr. Mitchell, performed similar experiments with two half-grown rabbits,



commended in the inflammatory stage of this malady; and seems particularly serviceable in that form of consumption which has been preceded by, or is accompanied with, attacks of hæmoptoe. It may be given, as advised by Dr. Chapman, dissolved in water, in the portions of a drachm of the former to a quart of the latter, - which is to be made a daily drink; or it may be administered under the form of *Lickson's Troches*, which are made by beating up half an ounce of nitre with four ounces of the Confection of red roses. Of this a troche the size of a nutmeg may be given six times a day. These troches are much recommended by all. *Benunes*.

*Tartar Emetic*, in doses imperceptibly minute, has also had its share of trial and commendation.

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the same quantity of acid being given to each. The antidote was given to one, and it died. The other was left to itself, and it recovered.



Mr. Lanthas ordered a single grain of it to be dissolved in three or four quarts of water, of which the patient was to drink ad libitum. I have known it tried with much success as a palliative — but as a palliative only.

The muriate of barytes, or terra ponderosa, has been recommended by several, who affect to discover identity or analogy between consumption and scrophula. It does not seem worthy of much notice.

Of the inhalation of facitious airs, and the breath of cows; of the earth-bath, and several other whimsical remedies proposed in this disorder, I deem it unnecessary to speak. But there are yet two measures recommended in the incipient stage of consumption, which it would be criminal in me not to notice: I allude to a mercurial course, and the occasional employment of Emetics.

Mercury was at one time considered almost a sine qua non in the treatment of incipient phthisis;



and many evidences of its salutary powers are upon record. It has proved, however, detrimental in the hands of many; and now is seldom presented in this disorder. It appears to be useful only in the purging a consecutive form of consumption, - such, for instance, as are brought on by chronic affections of the air-passages, or the liver. It is commonly found to be pernicious in the idiopathic consumption, or that primarily attacking the lungs; and it may perhaps be laid down as a general rule, that a mercurial course shall prove detrimental in an idiopathic consumption in an exact ratio with the extent or degree of scrophulous isidiosis which is found coexistent with the pulmonary affection.

Emetics have sometimes been found of surprising benefit in the commencement of phthisis pulmonalis: and whether we ascribe their operation to the alterative and invigorating shocks communicated by them to the whole system, to some particular action on the absorbent or



decernment helps, to their expanding and removing obstruction from every pulmonary pore, or to some specific and inconspicuous effect; — it is still certain they are worthy of attention and trial.

The Dry Vomit of Dr. Scurrant, composed of Blue vitriol and tartar emetic, (*aa. gr. ij.*) has been useful, it is said, when less prompt but more influential antecedes have altogether failed. We have high authorities, however, who assert that the benefits of emetics are here proportioned, not to the promptness, but to the vehemence of their operation.

It is hardly necessary for me to add, that the diet in incipient phthisis must correspond with our medicines. Milks, whey, buttermilk, eggs, broths, jellies, custards, farinaceous and leguminous plants; the most digestible and nutritive of the different kinds of shell-fish; and generally, an avoidance of strong animal food and ardent drinks, — are to constitute the regimen of the consumptive patient.



### Of the Hectic Stage.

A consumption having progressed for a longer or shorter time, hectic fever ensues. This symptom gives its name to an important stage of the disease.

Here we look not alone for the small, hard, quick pulse; the wrist imparting a pungent sensation of heat; the hot palms and glowing cheeks; the mottled and disfigured cheeks; the quotidian exacerbations. These, although the characteristic symptoms of the commencement of this stage, are not the only ones to be regarded.

Universal emaciation and weakness; an abundant purulent expectoration; increased dyspnoea; inability to lie in some particular postures; a rawness of the throat, which in the end extends to the mouth, and even down the alimentary canal, encrusting these with foul and painful ulcerations; "a diarrhoea, with yellow, putrid, purulent, cadaverous, tenesmic, & scanty stools;" delirious night-sweats; great thirst;

It is the duty of every  
citizen to be prepared to  
defend his country at all times  
and in all places. It is the  
duty of every citizen to be  
ready to sacrifice his life and  
property for the good of his  
country. It is the duty of every  
citizen to be loyal to his  
country and to its laws. It is  
the duty of every citizen to be  
patriotic and to love his  
country with all his heart, mind,  
and strength. It is the duty of  
every citizen to be brave and  
courageous in the face of danger  
and adversity. It is the duty of  
every citizen to be honest and  
truthful in all his dealings. It is  
the duty of every citizen to be  
kind and generous to all men.  
It is the duty of every citizen to  
be obedient to the laws of his  
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and to defend it to the last.

great anxiety; with the ruined or Hippocratic countenance:—these are some of the most common symptoms of Consumption verging to a fatal issue.

Sometimes the ends of the fingers thicken, and the nails become adunqu<sup>+</sup> or dystotic<sup>+</sup>; and in some cases the hair falls off, as from a mangy dog. Occasionally, also, the skin becomes covered with pectichial eruptions, or with watery pustules... All these symptoms are significant of approaching death.—

Dr. Rush, who supposed the hectic stage to be a mixture of an inflammatory and a typhous condition of body, accommodated his treatment to the predominance of the one or the other of these conditions. He assures us, that where bleeding has not been indicated, medicines in his hands afforded little or no relief. This is a melancholy admission; but it should not lead us into despondency and inactivity.



To bleed, where hectic fever with its pulse of a hundred and twenty has set in, I conceive to be improper and dangerous. If it be essential that the pulse should be reduced, digitalis or prussic acid may effect this object with more safety. X

One of the best medicines in Consumptive hectic is the bark of the wild cherry. To this drug is "manifestly stimulant," it is evident that it cannot safely be administered until inflammatory symptoms have all disappeared. It unites a narcotic or anodyne power, with a bitter stimulant and permanent tonic. It is supposed to contain prussic acid. Many writers and practitioners agree in recommending it as the most useful of the phytomedical tonics.

Vomiting is also highly recommended in this stage; and an emetic mode to anticipate the paroxysm or exacerbation, will frequently mitigate the patient's sufferings. The same is likewise said of purging.



The Experiments of Dr. Roberts have shown vinegar, in the form of a tablespoonful several times a day, to be useful. Its vapour may be inhaled, as also the vapours of balsamic and resinous substances, with occasional advantage.

When the hectic fever is not complicated with inflammatory symptoms, much good may be derived from the use of Griffiths' Mergol Mixture, — a medicine highly extolled by some writers and practitioners.

The counter irritation of blisters, setons, & issues is not to be neglected in this stage.

Cough, when very troublesome, should be palliated by demulcent and fructe pectorals. I knew a young man, far advanced in phthisis, who used with much success and comfort, a very simple remedy — viz, mild Spanish cigars, two or three of which he smoked in the course of a day.

Night-sweats, than which there is probably no symptom more harassing and uncomfortable, should be more



derated by Seltzer water, Seltzer water and milk, infusion rose Compositum, diluted sulphuric acid; by wearing cotton or woollen garments next the skin; by regulating the bed-clothes of the patient; and by rubbing the surface with warm brandy, wine, or the spirituous solution of alum. I have known a glass of warm sage tea, taken upon going to bed, to diminish the catarrhus discharge, and secure tranquil slumbers for the night.

Spontaneous diarrhoea should be checked by abridging in diet all aperient articles, and by substituting food of an excellent and subsisting quality, such, for instance, as animal jellies or broths, arrow root, and rice. When the symptom is urgent, Arsenic bole, catechu, or kino, combined with opium, should be administered.

Apthous ulcers of the mouth, if irritate, are to be soothed with anodyne and demulcent gargarisms; if indolent, they may be stimulated by washes of myrrh,



back, a borax. The tinctures of Myrrh and bark, dulcified with honey, afford an excellent lotion.

In females, advancing phthisis is commonly aggravated by a sudden suppression of the menstrual flux. This should, if possible, be restored by the exhibition of the ferruginous, myrrhine, or aloetic emmenagogues.

It may be advanced as a general rule, that the sudden suppression of any customary excretion, or the sudden disappearance of any long continued local irritation, in a consumptive diathesis, shall be followed by an aggravation of symptoms. Hence the danger of drying up old ulcers, of curing fistula in ano, and discharging hæmorrhoidal tumours; and hence, as above remarked, the danger from a sudden suppression of the menses.

Is it not, however, most singular, that, although a suppression of the menses aggravates all the symptoms of phthisis, yet utero-gestation, during which the

*[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]*

menstrual flux is uniformly absent, for the most part suspends the progress of the disease, and, in some cases, eradicates it from the system entirely?

A remarkable exception to the fact, that menstruation suspends the symptoms of consumption, is recorded by Dr. Felice Pascalis, in the *N. Y. Am. Med. & Surg. Journal*. ... A female of tolerable health, always when pregnant, began to exhibit the ordinary symptoms of phthisis, which progressed as gestation progressed, and ceased, when this ceased: --

*Quid te exempta juvat opinis de pluribus una?*

*Horat. Ad Sabinum.*

Many things yet remain to be done in Consumption. I am persuaded, that, even at the present age, when morbid anatomy is so sedulously and methodically cultivated, we are ignorant of the real origin and nature of tubercular Consumption; and till these are understood by us, our practice, like our theories, must be necessarily unsatisfactory.



Consumption, from causes both personal and general, is to me an object of deep and permanent importance; and it is my resolution, if resolution be seconded by opportunity, to make it a peculiar subject of future inquiry.

No End.

...the ... of ...  
... is ... of ...  
... of ...  
... of ...

The end.

An Essay

On the Duties of a

by Lewis Shigeo

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